

# HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

**JANUARY 2018**

Vol. VIII Issue I

**"We Know Health Matters",**  
CHD's show on Citicable,  
Time Warner Ch. 23.

## Playback Times

Mon	9, 11 a.m.
Wed	5 p.m.
Thur	2 p.m.
Fri	9 a.m.
Sun	3 p.m.

Also available online on Vimeo



If you have anything you would like to share in the newsletter please send information to Marla Fuller at [marla.fuller@cincinnati-oh.gov](mailto:marla.fuller@cincinnati-oh.gov)

CHD= Cincinnati Health Department

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## Brrrr... Winter Weather Is Here. Are You Prepared?

Extremely cold air comes every winter in at least part of the country and affects millions of people across the United States. The arctic air, combined with brisk winds, can lead to dangerously cold wind chill values. Exposure to cold temperatures can cause serious or life-threatening health problems with the most common being hypothermia and frostbite which can occur in a matter of minutes.

Areas most prone to frostbite are uncovered skin and the extremities, such as hands and feet. Hypothermia is another threat during extreme cold. Hypothermia occurs when the body loses heat faster than it can produce.



It is easy to understand why when the weather plummets into the single digits, most of us want to do nothing but stay in bed under the covers. And for good reason: With extreme cold weather comes health hazards like frostbite, seasonal affective disorder and even an increased risk of heart attacks. Before you hibernate until Spring, there are a few steps you can take to keep yourself and others healthy, warm and safe.

Remember to:

- Eat well balanced meals and avoid alcohol.
- Limit skin exposure to the extreme cold, avoid extended periods of exposure.
- Wear proper clothing including a hat and scarf, snug-fitting sleeves and several layers of dry clothing.
- If you suspect a problem with frostbite or hypothermia, you should seek medical care, especially if body temperature is below 95 degrees.
- Never use a gas range or outdoor heating appliances for heating indoors. Without proper ventilation, they can cause a buildup of carbon monoxide.
- Keep pets indoors as much as possible. When you return from a walk, wipe salt off their paws.

The elderly, young children, adults under the influence of alcohol and the mentally ill are some of the most at risk for hypothermia, which is an abnormally low body temperature. It can affect the brain and make the victim unable to think clearly or move well. Shivering, exhaustion, confusion, memory loss, slurred speech and drowsiness are all warning signs. Frostbite, results in a loss of feeling and color in affected areas such as the nose, ears, cheeks, chin, fingers or toes.



We wish you a happy, healthy and fulfilling year. As we look toward the future, we use our past health indicators to align community needs to create our priorities to best serve you. The Health Department's vision for Cincinnati is that we become one of the healthiest cities in the nation. This requires that we collect data on factors that affect health such as education, employment, income and housing as well as health data such as access to care, general health status, infant mortality and chronic conditions.

We compiled this data into our most recent, Community Health Assessment (CHA). The 2017 CHA compares our neighborhoods and our city information to the county and state information. Four issues stood out that applied to all age groups: chronic disease prevention and management, poor mental health, poverty, and unhealthy weight. Specifically, children and adolescents have significant proportions of being overweight or obese, and suffer from asthma or dental issues. In addition, the most frequent causes of death for this group was identified as unintentional injury and intentional injury (i.e. assault, homicide). Adults were found to have higher percentages of asthma, high blood pressure, chronic kidney disease, chronic obstructive pulmonary disease, and diabetes.

Findings revealed from the CHA enable CHD to strategically establish priorities, develop interventions and commit resources to improve the health of our City and communities throughout the region. Through our commitment to health, we will continue to use the most up to date data to provide the best resources, programming and interventions to Cincinnati. To view our complete CHA please visit, [cincinnati-oh.gov/health/reports-publications](http://cincinnati-oh.gov/health/reports-publications).

## Events & Shout Outs!



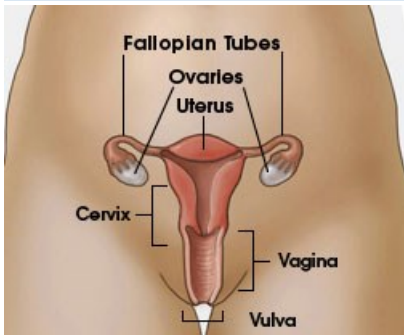
**Monday, January 15— Martin Luther King, Jr. Day, "If Not Now When?"**

- *King Legacy Breakfast*, National Underground Railroad Freedom Center, 8:00 a.m.
- *43rd Annual Commemorative March*, Begins at the Freedom Center, 10:30 a.m.
- *Interfaith Prayer Service*, Fountain Square, 11:15 a.m.
- *Music Hall Celebration*, 12:00 p.m., Dr. Littisha Bates, Keynote Speaker

## CHD Honors Long Term City of Cincinnati Employees at CHD

Employees will be recognized for their years of service to the CHD/ City of Cincinnati at the next Board of Health Meeting scheduled for Tuesday, January 23, at 6:00 p.m.

Please join us to celebrate their commitment to the Queen City.



## January is Cervical Health Awareness Month

The Cincinnati Health Department wants you to know that there's a lot you can do to prevent cervical cancer. Each year, more than 11,000 women in the United States get cervical cancer.

Cancer is a disease in which cells in the body grow out of control. Cancer is always named for the part of the body where it starts, even if it spreads to other body parts later. When cancer starts in the cervix, it is called cervical cancer. The cervix is the lower, narrow end of the uterus. The cervix connects the vagina (birth canal) to the upper part

of the uterus. The uterus (or womb) is where a baby grows when a woman is pregnant.

Cervical cancer is highly preventable in most Western countries because screening tests and a vaccine to prevent human papillomavirus (HPV) infections are available. When cervical cancer is found early, it is highly treatable and associated with long survival and good quality of life. HPV is a very common infection that spreads through sexual activity, and it causes almost all cases of cervical cancer. About 79 million Americans currently have HPV, but many people with HPV don't know they are infected. The good news is that the HPV vaccine (shot) can prevent HPV, and cervical cancer can often be prevented with regular screening tests and follow-up care.

In honor of National Cervical Health Awareness Month, CHD encourages:

- Women to start getting regular cervical cancer screenings at age 21
- Parents to make sure pre-teens get the HPV vaccine at age 11 or 12
- Teens and young adults also need to get the HPV vaccine if they didn't get it as pre-teens. Women up to age 26 and men up to age 21 can still get the vaccine.

To schedule an appointment for a cervical screening, call 513.357.7320.

## KNOW STORM WARNING TERMS

### Winter Weather Advisory

Expect winter weather condition (e.g., accumulation of snow, freezing rain, and sleet) that could cause severe inconvenience and life-threatening hazards.

### Frost/Freeze Warning

Expect below-freezing temperatures.

### Winter Storm Watch

Be alert; a storm is likely.

### Winter Storm Warning

Take action; the storm is in or entering the area.

### Blizzard Warning

Seek refuge immediately! Snow and strong winds, near-zero visibility, deep snow drifts, and life-threatening wind chill.



## Donation Drive a Success



The CHD staff's holiday donations to the West End Emergency Center was "an absolute success" according to Renee Davis who coordinated the drive. In all, pillows, blankets, clothes, toiletries and cleaning supplies were donated allowing the Center to continue its mission of helping others.

I would like to extend the warmest 'Thank You' to everyone that contributed to this years donation drive for the West End Emergency Center, with an extra special thanks to Community and Economic Development and CHD's own Dr. Camille Jones. With

your help we were able to give an abundance of hygiene and house cleaning products as well as winter accessories and monetary donations, which will be used to buy food for the pantry. Your generosity is a reflection of how awesome The City of Cincinnati truly is.

The West End Emergency Center has been serving the Cincinnati community since 1984 by providing human services to encourage self-sufficiency and independence. The Center offers a food and clothing pantry in addition to pre-employment education that gives adults the opportunity to develop employment skills.



## A Message from the Board of Health



Tim Collier, RN  
Chair, Board of Health

As we begin another year it brings feelings of joy, hope and at times, uncertainty. Our country's current political climate has shown us the power of one voice. Together we can speak to protect what is most valuable, our health. The Cincinnati Health Department has been serving the community for over 191 years. The Board must thank the Health Department for their continued efforts working towards health equity through projects such as WIC (Women, Infants, Children), substance abuse prevention, ongoing Food Safety initiatives, and growth of School-Based Health Centers, in addition to countless others.

Through our continued work with valued partners and community collaborators, we are able to reach our yearly goals. Working together, especially with multi-disciplinary groups, is one way the Health Department strives to fulfill their mission to achieve health equity and improve the health and wellness of all those who live, work and play in Cincinnati.



## Protecting yourself and others from the flu

by Nira Kadakia, PharmD, CHD

Influenza, or flu, is a highly contagious illness caused by a virus and many people in the area are experiencing it now. It is usually spread via secretions from an infected person, such as a cough or sneeze. Coming down with the flu can have serious health consequences, especially for the very young and the very old. The Centers for Disease Control and Prevention (CDC) estimates that since 2010, flu-related hospitalizations have ranged from 140,000-710,000, and flu-related deaths have ranged from 12,000-56,000.

One way to prevent the flu, which can cause annoying effects (see box above), is to get vaccinated against the flu every year. The flu shot, as it is known, can reduce the risk of flu-related hospitalization and death and can protect those with chronic conditions, such as diabetes. Not only does the flu shot protect you from getting the flu, but it can protect those around you, too.

### How does it work?

The flu shot works by activating your immune system and helping it recognize the flu virus so that if the virus does enter your system, your body can fight against it and prevent the virus from causing illness. The flu shot contains either a piece of the virus (inactivated) or a live virus (live-attenuated) but cannot cause disease itself. Because of the way your body's immune system works, it takes time to build immunity to the flu; it can take up to two weeks to be fully protected.

### What are the side effects of the flu shot?

After receiving the flu shot, you might experience some soreness, redness, tenderness, or swelling at the injection site. You might also experience a mild fever, headache, or muscle aches. These side effects could be due to your body's immediate reaction to a foreign substance entering your body.

### Why do I have to get the flu shot every year?

Over time, your body's immunity to certain viruses, including flu, decreases. Additionally, different strains of the flu virus are more active each year, and the flu shot is made to offer protection only against the strains more likely to cause disease.

### Who should get the flu shot?

People six months of age or older, pregnant women, and people with chronic health conditions should all receive the flu shot. If a person is younger than six months of age or allergic to something in the vaccine, he or she should not receive the shot. Some people should discuss with their doctor before receiving the flu shot: those with an egg allergy, those who have had Guillain-Barre syndrome, or those who are ill at the time they want to receive the vaccination.

### Where can I get the flu shot?

You can get the flu shot at doctors' offices or clinics and at community pharmacies. The flu is a common disease but one that can easily be prevented. The flu shot is an effective way to reduce your risk of getting sick with the flu and preventing its spread throughout the community.



## WINTER STORM PREPAREDNESS

A winter storm occurs when there is substantial precipitation and the temperature is low enough that precipitation forms as sleet or snow, or when rain turns to ice. A winter storm ranges from freezing rain and ice, to moderate snowfall over a few hours, to a blizzard that spans several days.

While the danger from winter weather varies depending on where you live, nearly everyone is likely to face some type of severe winter weather at some point in their lives. Many winter storms are accompanied by dangerously low temperatures and sometimes bring strong winds, ice, sleet and freezing rain, or a combination of these conditions.

Winter storms can cause power outages, make roads and walkways extremely dangerous and close or limit critical community services such as public transportation, child care, health programs and schools.

Regardless of the severity of a winter storm, plan now to be able to stay where you are when the storm hits. This means having basics supplies of food and water in several locations, including in your home, vehicle and workplace. Be sure to listen to weather forecasts and check your emergency supplies.


## Winterize your home:

- Install a smoke detector and a battery-operated carbon monoxide detector. Test the batteries each month and replace them twice a year.
- Insulate walls and attic and any water lines that run along outer walls so they are less likely to freeze.



- Caulk and weather-strip doors and windows.
- Install storm windows or cover windows with plastic from the inside.
- Service all snow-removal equipment.
- Repair roof leaks and cut away tree branches that could fall on your home or other structure during a storm.
- Have your chimney or flue inspected each year.

**In your vehicle:**

 You can avoid many dangerous winter travel problems by planning ahead. Have maintenance service on your vehicle as often as the manufacturer recommends. In addition, every fall, do the following:

- Have the radiator system serviced or check the antifreeze level yourself with an antifreeze tester. Add antifreeze as needed.
- Replace windshield-wiper fluid with a wintertime mixture.
- Replace any worn tires, make sure the tires have adequate tread, and check the air pressure in the tires.
- During winter, keep the gas tank near full to help avoid ice in the tank and fuel lines.



Keep a **Winter Survival Kit** in your car that includes: a shovel, windshield scraper and small broom, flashlight with extra batteries, water, snacks, matches and small candles, extra hats, socks and mittens, a first aid kit with pocket knife, necessary medications, blankets or sleeping bag, tow chain or rope, road salt, sand, or cat litter for traction, booster cables, emergency flares and reflectors, fluorescent distress flag and whistle to attract attention, and cell phone adapter or charger.



## A job well done!

CHD would like to thank a very special employee, Ms. Diana Watson, for her continued service, care and kindness to our patients.

Ms. Watson, a customer relations representative at the Elm Street Health Center, has been helping patients for many years. One patient, Ms. Mary Wilson, has been so impressed and thankful for the great customer service provided by Ms. Watson that she took the time to write this letter:

### *To Whom It May Concern:*

*Ms. Diana has been doing a good job. I have been coming to the Elm Street Health Center for over two years. I have never missed a phone call appointment because she always calls me or my husband to remind me. At each visit she also makes sure I have my note that reminds me of when the appointment is scheduled for.*

*During my appointments I sit back and watch Ms. Diana. I notice how she takes the time with others, kindly and patiently; like a mother's love. If she's ever tired, you would never know. Or if something is wrong you would never know because she keeps a special look on her face that makes the day feel special; just like she is.*

*When I leave the appointment, I feel brand new. I hope Ms. Diana never quits her day job. I know she deserves better but God put her at the Elm Street Health Center for a reason. I pray He keeps on blessing her.*

*I can go on and on about how special Ms. Diana is to me.*

*I have an appointment tomorrow so I've got to get ready. She might be calling me now.*

*See you soon and thank you for everything.*

*Mrs. Mary Wilson*



**Thank you for a job well done, Ms. Diana!**



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If not, be sure to like and follow:



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